Cuba: Sopa de Pollo

[](http://images.google.com/imgres?imgurl=http://static.squidoo.com/resize/squidoo_images/-1/lens2341933_1229657692mexican-dessert-flan.jpg&imgrefurl=http://www.squidoo.com/andrea-berrios&usg=__QeGGiR7jkF8vi5KfeM9QIagW4oQ=&h=319&w=250&sz=56&hl=en&start=1&sig2=karX7mHXkKOXpBPNtECSuQ&tbnid=URAX-4afF37WCM:&tbnh=118&tbnw=92&prev=/images?q=el+flan&gbv=2&hl=en&ei=Sg1FS__eOduD8QabwOGDBQ)Las dulces la grasas

[](http://images.google.com/imgres?imgurl=http://legacy.co.mohave.az.us/WIC/images/lactos1.jpg&imgrefurl=http://legacy.co.mohave.az.us/WIC/lactose_intolerance_child_class.htm&usg=__lN6UGVhjLZ-N6YOGyl2uErowN7Y=&h=400&w=600&sz=28&hl=en&start=2&sig2=JUJc7pRXOG-PdvlnntYCzw&tbnid=eS7m1cmWrsr5pM:&tbnh=90&tbnw=135&prev=/images?q=lactos+foods&gbv=2&hl=en&ei=YBBFS6yNIYTj8QaSrfSDBQ) [](http://images.google.com/imgres?imgurl=http://drewprice.co.uk/blog/wp-content/uploads/2009/11/Meat-for-protein-in-meals-blog-300x212.jpg&imgrefurl=http://drewprice.co.uk/blog/&usg=__VgUwgnXhZxGzBtKhQESJX8-sgeM=&h=212&w=300&sz=31&hl=en&start=10&sig2=ZupIvZqMujBytQsjTVY_Ug&tbnid=Sz4-9qF4p2dy1M:&tbnh=82&tbnw=116&prev=/images?q=a+collected+group+of+proteins+that+you+eat&gbv=2&hl=en&ei=8Q9FS9mfEtPR8AaNlPnWBA)

Muslos de pollo, boullion de pollo

los productos lácteos las proteinas

los vegetales[](http://images.google.com/imgres?imgurl=http://www.nutricion.pro/wp-content/uploads/2008/09/vegetales1.jpg&imgrefurl=http://www.nutricion.pro/salud/nutrientes/fibra&usg=__-KP-cPFp7Ygeh-fRE3rbdXmuT5E=&h=225&w=300&sz=25&hl=en&start=6&sig2=mHEljETApYFmJ3shDEWPXA&tbnid=CYCAcmxDpydDlM:&tbnh=87&tbnw=116&prev=/images?q=el+vegetales&gbv=2&hl=en&ei=jQ5FS4D7M5XP8QaEndzWBA)

Cebolla, ajo, zanahoria, orégano, cúrcuma, papa, sal, pimienta

Concentrado de tomate, zumo de limón

[](http://images.google.com/imgres?imgurl=http://www.cuidadoinfantil.net/wp-content/uploads/frutas3.jpg&imgrefurl=http://www.cuidadoinfantil.net/que-hago-si-mi-bebe-no-come-frutas-ni-verduras.html&usg=__o8X3B7yF45V1JuUbJxQv6qhyWKg=&h=486&w=734&sz=76&hl=en&start=2&sig2=kwZNJUe8nZCvpW5C4guMBg&tbnid=KQ6Luy3Zp0cpKM:&tbnh=93&tbnw=141&prev=/images?q=las+frutas&gbv=2&hl=en&ei=uQ1FS7jcNMqZ8AbsuemDBQ)las fruitas

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